Home Agent's Notes

By Mrs. B. G. Anderson
Home Demonstration Agent

With the wonderful cooperation of each member of the committee, the Achievement Day was a very successful event, as the climax to the many home demonstration club activities of the year.

Appomattox Home Demonstration Club won the silver bowl, the award given by Mrs. F. F. Carr, for most outstanding record of club activities for the year kept in the form of a scrapbook. The books were judged on the following points: general appearance, 10 points; participation in general club activities, 38 points; participation in federation goal activites, 35 points; originality, 10 points. Appomattox book won 93 points, Clover Hill 86 points, and Pamplin 72 points.

A cash award will be offered next year, a first, second and third prize for the clubs keeping a scrapbook of club activities. This year 14 of the 17 clubs made scrapbooks—let's make it 100% next year, and begin on this record the first of the year.

Rice is one of the most economical and easy-to-prepare foods available. Modern milling makes it possible to cook rice just as it comes from the package with no preliminary washing. Cooking techniques now recommended (see cartons) favor the very simplest method of preparation.

Rice is also one of the most versatile foods. It can be featured in every part of the menu — from soups to main courses, salads, and desserts. Interesting recipes come from the various sections of the country as well as foreign lands. Because it is in such plentiful supply at the present time, its use as a daily food should be encouraged.

Some suggestions for using rice:

As a cereal. Serve hot (some like it cold) with cream or milk and sugar. Try brown sugar, honey, jelly or preserves. Add raisins or other dried fruit during the cooking.

In soups. Add uncooked rice to "homemade" soups during the cooking. Or, add cooked (leftover) rice to home-made or diluted canned soup before serving. (For a light quick meal— serve partly diluted condensed soup, such as vegetable or gumbo, over cooked rice in individual bowls.)

As a vegetable. Serve with gravy, butter, or sauces. Add butter to hot rice— perhaps a dash of paprika, celery seed, caraway seed, chopped peanuts, sauted onion or mushrooms —or a dash of your favorite herb. For variety, cook the rice in stock or buillon instead of water — or add tomato juice or paste for part of water.

As a bed or ring for "saucy," creamed, or curried dishes. Make indentation in rice with spoon, (on platter, in serving bowl, or on plates) and fill with mixture. Or, mold rice in well-buttered ring mold. The possibilities for this combination range from exotic curries to quick creamed dishes.

For stuffings. For turkey, chicken, wild game birds, duckling, squab, pork chops, meat "birds", vegetables and fish. Basic stuffing can be varied to suit individual tastes. For extra flavor, oven-toast the rice before cooking — and use stock or buillon for cooking the rice.

In croquettes, patties, loaves. Use left-over (or freshly cooked) rice as filler in croquettes (fish, poultry, meats, cheese), patties, baked or congealed loaves.

In casseroles. Limitless possible combinations. Use any favorite meat, cheese, vegetables, and sauce. Combine all ingredients — or arrange layers of meat, rice,vegetables and sauce.

In desserts. From "custards" to fancy French creations. Custards may be varied by adding raisins, chopped dates or nuts, shredded coconut, chocolate bits or melted chocolate, crushed peppermint sticks, diced fruit (such as peaches, well-drained). Or serve plain custard with favorite fruits or sauces.

Spanish Pork Chops

2 cups cooked Converted Rice
4 lean pork chops
1 tabelspoon fat
1-4 diced onion
1-3 cup diced celery
2 tablespoons diced green pepper
1½ cups canned tomatoes
1½ teaspoons salt
4 teaspoons pepper
2 tablespoons minced parsley.

Brown chops in fat in heavy skillet. Remove chops to baking dish. Add onion, celery, and green pepper to drippings in skillet. Soute until tender. Add tomatoes, salt, pepper. Simmer 10 minutes. Sprinkle chops with additional satl and pepper. Top each with mound (packed) of 1-2 cut cooked Converted Rice. Pour sauce over all and sprinkle with parsley. Cover and bake at 350 degrees for approximately one hour. Just before serving, spoon sauce from the baking dish over chops. Makes 4 servings.

Basic Rice Pudding

1½ cups cooked Converted Rice
1-3 cup sugar
1-4 teaspoon salt
1½ cups milk
2 well-beaten eggs
1-3 cup seedless raisins
1 teaspoon vanilla
Dash nutmeg

Combine sugar, salt, and milk with eggs. Stir in cooked Converted Rice, raisins, and vanilla. Pour into 1-quart buttered baking dish or individual cups and sprinkle with nutmeg. Place in pan of water and bake at 350 degrees F. for approximately 50 minutes—or until a knife inserted comes out clean. Makes 4 to 5 servings. (Variations: omit raisins —add chopped pecans, walnuts, dates or crushed peppermint sticks; use brown sugar and maple flavoring instead of white sugar and vanilla.)

Brownie Rice Pudding

1 cup cooked Converted Rice
2 eggs, separated
1-2 cup sugar
1-4 teaspoon salt
1-2 teaspoon vanilla
1 square chocolate, melted
1¼ cups milk
1-2 cup chopped pecans or walnuts

Beat egg whites until slightly stiff; beat in yolks. Add sugar, salt, vanilla, and melted chocolate (slightly cooled). Blend well. Add milk. Pour over pecans or walnuts and cooked Converted Rice in buttered 1-quart baking dish. Place in pan of water and bake at 350 degrees F. for approximately 50 minutes - or until a knife inserted in center comes out clean. Do not stir during baking. Makes 4 to 5 servings.

The above recipes have been prepared for Converted Rice. Because of the special processing this rice, it should not be interchangeably with regular rice.

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AT AUCTION
Wednesday, Nov. 16
10:30 A. M.

LIST OF PERSONAL PROPERTY

1 Disston chain saw
1 Stave Mill complete with line shaft & accessories
1 1950 Ford Truck 12' Hydraulic with tandem rear wheels & dump body, 10 wheels
1952 Ford Truck, tandem wheels, 16' platform body, 10 wheels
Farquar O sawmill head rig, 4 block
Edger, 2 blade, 16" Miner
Case Power Unit, gasoline 4 cyl., starter, 65 HP., model RAE
Idler pulley for main drive belt
20' drive belt for main power unit
About 30' wooden lumber rolls
Other saw mill equipment
1950 Ford Truck
1946 International Truck
1950 Ford Truck
1948 Dodge Truck
1947 Dodge Truck
1948 International Truck
1950 International Truck
1950 Cletrac crawler tractor
1948 Cletrac crawler tractor
1950 Ford Tandem
1948 Diamond T, 1½ ton
Hudson pickup truck
1946 Ford Truck
Chevrolet 1½ ton Army 4x4 truck
Caterpillar crawler tractor with winch
Leader wheel tractor, rubber tires, with mower
1946 Oldsmobile car
McCulloch Model 3-25 chain saw, 24" blade
McCulloch 2-man model 548 chain saw, 36" blade
2 small McCulloch chain saws
1 box miscellaneous chain saw parts
1 Homelite chain saw, 24" blade, model 26-LCS
1 Mall chain saw
3 leader tongs, several canthooks
Desk, chairs, table, typewriter
Saw fitting machine
Nove gasoline engine
1 Orchard duster on running gear
1 orchard tractor trailer duster
1 Model JXC speed with Hercules motor
2 Gould pumps & 500 gal. wooden tanks
1 Fairbanks platform scale
1 Diehl electric motor with flexible shaft
1 pile of low grade lumber
2 steel truck bodies
Number of steel drums

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ARM NEWS

By J. A. Smith, County Agent

ey Key to Farm Woes

of the woes of falling farm can be soothed by increased ds on the part of the individual. There seems to be little ny major reduction in farm the near future, unless it ough increased efficiency.

ased net income for the tor of the economy likely ter the downward trend 1947. Since then, except realized net income on the the purchasing power of has been lower each for the preceding year.

paid by farmers have decline little from the record 1952, 1953, and there appears be small hope for any marked ases any time soon. Farmers ld against the rest of the for many resources used in duction.

ands, supplies of agricultural are at record or near ands. Supplies of corn, wheat ts are greater than ever before. supplies naturally tend farm prices downward. This d pressure may be lessened ductions by legislation, but e legislation provides for production controls."

ductions are for a new record the total output of the entire economy for 1955. Total value of goods and services produced is expected to be over four times as great as in 1939. In 1939, total value of goods and services produced was 91 billion dollars compared to 392 billion dollars in the third quarter of 1955. More people are working, and at generally higher wage rates than ever before.

Economic activity thus far this year has been brisk but not feverish, indicating a healthy competitive economy rather than boom conditions. Businessmen of the nation seem to think this condition will continue into the next few years. The big question posed by the economists is "Will agriculture share equally in the fruits of prosperity with other sectors of the economy?" The supply situation for agricultural products suggests a negative answer.

Field - Curing Least Satisfactory

The evidence in favor of preserving alfalfa as silage and/or barn-dried hay versus field-curing continues to mount. VPI studies have shown that barn-cured alfalfa hay retains more of its green color and a larger percentage of leaves than when the hay is allowed to cure in the field. After a six months storage period, the barn-cured hay contained about 75% more carotene than the field-cured hay. In addition, the barn-cured hay contained more crude protein and less crude fiber.

U. S. Department of Agriculture scientists have just completed a five-year study and reached the conclusions that field curing is a poor way to preserve alfalfa for dairy cattle feed. Their study has also brought out these main points:

Putting up alfalfa as silage offers the most advantages to most farmers. It provides a good way of handling heavy, weedy, first cuttings that must be harvested during cool, damp weather. It can be stored chopped or long in a variety of structures. Compared with the field-cured crop, alfalfa silage provides a more nutritive feed for the dairy cattle, and results in milk of higher quality, containing more carotene and vitamin A.

Barn drying alfalfa with forced air is a valuable supplement to silage making. Hay can be barn-dried long, chopped or in bales, and in the haymow, stack, or pole shed. Installation of a mow dryer big enough to handle 1,000 square feet of storage area costs $800 to $3,000, depending upon whether heating equipment is included. Electricity to drive the fan and fuel oil to heat the air, when heated air is to be used, are additional expenses.

In the study, leaf losses for field-cured hay average 1.7 times greater than for barn-dried hay, 2.7 times greater than for silage. Dry matter loss from field-cured hay was 1.5 to 1.8 times as much as for barn-dried hay (unheated and forced-air heated, respectively; 1.6 times as much as for Wilted silage.

Grain Sorghums Tested

The relative feeding values of tall growing grain sorghums and corn as silage are under investigation at VPI Agricultural Experiment Station. About 10 varieties of tall-growing sorghum and two varieties of corn are being evaluated.

This is the first year the study has been conducted in Virginia. The crops were grown at VPI and at three other locations. The yields will be analyzed sometime this winter.

The study is being conducted with tall-growing sorghum, which grows to heights of 10 to 12 feet. The semi-dwarf sorghum is the one with which most people are familiar in this area and this reaches heights of 5 to 7 feet. The doubel-dwarf type grows in height from 2½ to 4 feet, and this double-dwarf sorghum is also being tested for grain yield.

It Is Time To Treat Sheep For Worms

It's about time to treat sheep for nodular worm infestations. Drenching the entire flock with phenothiazine in late fall is the best means of control. Nodular worms do their damage by burrowing into intestinal walls. Infection or knots result and may lead to digestive disorders or even death of the sheep.

Many good sheep producers follow the practice of "crotching out" and shearing the heads of all the ewes. This means shearing the wool off the rear quarters and udder to help the sheep keep clean and to make it easier for lambs to nurse. Wool is clipped off the heads so the ewes will better feel weather changes and bring their lambs into shelter during bad weather. Trim the feet too, so the ewes will stay active and be less likely to develop sore feet. These jobs should be done at least 30 days before lambing.

Tractor Is Good Standby Source of Eelctricity

Although Virginia power suppliers have an enviable record of maintaining uninterrupted service to farms, an appreciable number of owners have found it desirable to safeguard operations by installing some form of standby generator service. This is particularly true of the larger hatcheries and poultry farms, and some dairies where the milking operations and water supply are totally dependent on eelctric power.

A few farmers have used the self-powered war surplus units. It is important, however, to operate these units at regualr intervals to keep them in shape for emergency service. They must be run long enough to warm up thoroughly, evaporate crankcase condensation, lubricate all wear points and charge the starting battery. Ferquent starts and short runs do more harm than good.

Because of the maintenance and care of self-powered units many farmers are turning to installations designed for tractor operation. The generator is sheltered from dust and weather and is bolted to a solid support usually inside the machine shed, or some other sheltered place. Connection to the electric circuits coming into the farmstead must be by double-throw switch to prevent any possibility of generator current passing out over the high line. Local power supplier offices will be glad to advise farmers on recommendations and precautions concerning standby generator installations.

Clean Spray, Dust Equipment

Spraying and dusting equipment should be cleaned carefully before storage to prevent trouble next spring. Following are a few cleaning tips:

Remove all unused dust from the dusters and store it in a tight container. Oil outside parts, where necessary, but do not put oil on the inside.

Clean sprayers of all spray materials and then wash with water. All moving parts, inside and outside, should be oiled to prevent rusting.

Rubber hoses should be removed, cleaned and hung in a dry place, where they won't be subject to cracking and breaking. Both dusters and sprayers should be stored in a dry place after cleaning.

Spray and dust materials left over may be kept for use next year if properly stored in airtight containers in a cool, dry place. All chemicals saved in this manner should be clearly marked. Since some deterioration may occur, heavier applications may be necessary when they are applied.

Store the chemicals in the original container if an airtight seal can be made. Otherwise, a screw-top glass jar will be satisfactory. Be sure storage is out of reach of children and animals.

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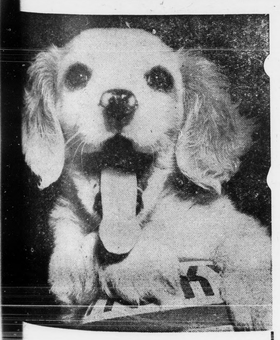

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